

Oceanway School

Monthly Newsletter

John A. Cochran, Principal

JANUARY 2011

"ANCHORED ON ACHIEVEMENT"



N.J.H.S...the old and the new.

PRINCIPAL'S CORNER:



January is a wonderful month of new beginnings. It is the start of a new year and a time when people make new year's resolutions. Some students may resolve to do better in school, be respectful to their parents, be nicer to their sibling's or simply eat healthier and make better choices. A resolution is simply a promise we make with ourselves. As an adult, we know that sometimes those promises get broken. Whatever you decide for the New Year, I wish you all the best for 2011 and many years to come.

John A. Cochran

HAPPY NEW YEAR TO YOU!!



OFFICE HOURS: Our front office is open 8:30-4:30 pm.

SCHOOL HOURS ARE 9:15-4:15- STUDENTS ARE NOT ALLOWED TO BE DROPPED OFF MORNINGS UNTIL 9:20 AM. PARENTS WHO DO DROP OFF CHILDREN TO SIT OUT FRONT WILL BE CALLED TO PICK THE CHILD UP.

AFTER SCHOOL PICK-UP

All students staying for after school activities should be picked up behind the school with the exception of Team Up students. They are released in the front. This includes car and bus riders.

THERE ARE TO BE NO-TEXTING OR PHONE USE IN SCHOOL. PARENTS, PLEASE DO NO TEXT YOUR CHILDREN IN SCHOOL. CELL PHONE USE WILL WARRANT PHONES BEING TAKEN FROM THE CHILD AND A PARENT WILL HAVE TO PICK IT UP FROM THE HOUSE OFFICE.

IMPORTANT INFORMATION FOR PARENTS:

Our Community Education Program (AM CARE) is underway each weekday morning from 7:30 am-9:30 am for parents who need to bring their children to school early. Your child can report as early as 7:30 am for morning supervision. Each child must be registered in this program to be eligible to come in to the program. The cost is \$85.00 every 20 days. If you are interested in signing your child up please see or call Ms. Foust or Ms. Adkins at 714-4680. Students are not allowed on the school grounds before 9:20 am unless they are enrolled in this program.

IMPORTANT DATES TO REMEMBER FOR JANUARY:

JANUARY 11, 2011	SCHOOL PICTURE MAKE UP DAY
JANUARY 12, 2011	EARLY RELEASE
JANUARY 17, 2011	MARTIN LUTHER KING JR. DAY
JANUARY 20, 2011	START OF NEW SEMESTER, THIRD QUARTER
JANUARY 21, 2011	TEACHER PLANNING DAY
JANUARY 26, 2011	EARLY RELEASE DAY

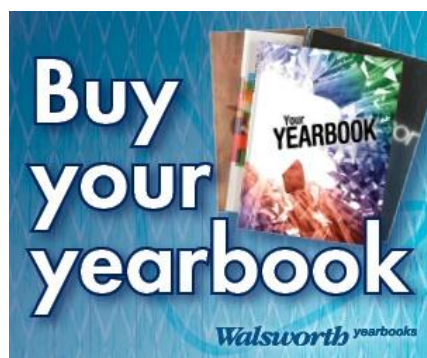
OCEANWAY SCHOOL 8TH GRADE PARENT NIGHT

DATE: Thursday, January 27, 2011 TIME: 6:00 p.m. – 8:00 p.m.

PLACE: Oceanway School Cafeteria

Over 10 high schools will be here to offer very important information to incoming 9th graders! - 8th graders and parents will attend at least 3 breakout sessions that will offer information on each schools magnet program. It is strongly recommended that every 8th grade student and parent attend because not only will the students obtain valuable information for high school, but students and parent must sign the student's EPEP upon entrance into high school. This evening's program is designed for 8th grade students and parents who are interested in various high school options.

YEARBOOK 2011



**MAKE UP DAY IS
January 11, 2011**

Click on this photo and the one on the school website and it will direct you to the on line ordering form to get your yearbook 2011 for \$40. Remember in January the price goes up to \$45. This book **MUST** be preordered as we will have limited extra copies. There will be a few times this month when we will collect money in school for Yearbook 2011; look for announcements on those times.



CONGRATULATIONS MS. ATKINS
EMPLOYEE OF THE YEAR!!

Ten Steps to a Healthy New Year

Contributed by Mr. Monaghan, our wellness ambassador

- 1) **A Year in Review**-take a look at what your diet and health has been like for the last 12 months
- 2) **Setting Goals**-Decide what you really want to achieve for your health and diet over the next month and over the next year.
- 3) **Determining Your Dietary Needs**-Do you have high blood pressure? Are you overweight? Do you have diabetes?
- 4) **Dietary Supplements**-all you need is a simple multivitamin and multi-mineral supplements.
- 5) **Design Your Healthy New Diet**-To stick with your new diet; you will want to include foods you enjoy. If you love hamburgers, that's OK. Make them at home with whole grain rolls and cut down the size of the hamburger patty, or use ground turkey.
- 6) **Shopping and Cooking**-Choose fresh fruits and vegetables, whole grain breads, lean meats, fish and legumes. Avoid foods high in saturated fats, sodium, trans fats and sugar.
- 7) **Getting Started with a Food Diary**-If you are really serious about changing your diet, losing (or gaining) weight and improving your health, you will find that keeping a food diary is key to your success.
- 8) **Exercise, Fitness and General Health Goals**-Walking, running, aerobic exercise and weight lifting are all great exercises. If you want to lose weight, it is important to increase aerobic activity like walking or running.
- 9) **Reduce Stress**-Stress is detrimental to your health.
- 10) **Motivation and Maintenance**-Many of us hit occasional road-blocks due to busy schedules, loss of motivation and sometimes we hit weight loss plateaus. When this happens, don't give up.

MORNING TUTORING

Our morning tutoring program has begun and we would like to thank the following teachers from participating in this program: Ms. Walrath, Ms. Simon, Mr. Vaine, Ms Puett, Mrs. Vaine., Ms. Crouch, Mr. Butts, Mrs. B.P. and Mr. B. There will be 3 sessions, the first has started and the second begins on February 1st. This program takes place before school on Tuesday's and Thursday's beginning at 8:45am. The students are asked to be in their teacher's classroom at that time; ready to start work. Students must remain with the morning tutoring teachers until released to their holding areas at 9:30 am.

A FEW PICTURES TAKEN DURING OUR EXCEL WALKS



BOOKS ARE FUN – check out the new display in the media center.

NJHS CEREMONY HIGHLIGHTS



On December 16, 2010 32 students were inducted into the National Junior Honor Society at Oceanway School.